

Self-Help Strategies

DRUG AWARE

This resource is by Drug Aware.

This resource provides a range of strategies that can help people who want to cut down or stop using methamphetamine or other drugs.



Summary: This online resource provides information and practical worksheets for nine evidence-based strategies for cutting down or stopping **methamphetamine** or other drug use.

The strategies include:

- goal setting
- reducing use through monitoring
- coping with cravings
- identifying and managing high-risk situations
- making lifestyle changes
- noticing and changing unhelpful thoughts
- mindfulness
- relaxation
- grounding

Information about each strategy as well as associated worksheets can be found via the link below. Additionally, there is the option of requesting a hard copy of all resources from the Alcohol and Drug Support Service at alcoholdrugsupport@mhc.wa.gov.au.

Please note that self-help resources won't be the best option for everyone who has difficulty with methamphetamine or other drug use. That's why there are other support options available. If you or someone you know needs support to manage methamphetamine or other drug use, please visit the [Get Help page](#).

Developers: This resource was developed by [Drug Aware](#).

Year: Unknown

Costs: Free

Evidence base: This resource has undergone expert review.

[Access the resource](#)